Sunbeam

Pure Juice

JUICE EXTRACTOR

INSTRUCTION AND RECIPE BOOKLET.

JE4700

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR PURE JUICE.

- Never remove lid while the power is on.
- Avoid contacting moving parts.
- Never operate without Pulp container.
- Ensure that juicer cover is clamped securely and pulp container is in place before juicer is turned on. Do not unfasten clamps while juicer is in operation.
- Do not put fingers or other objects into the feed tube whilst in operation. Never feed food by hand; always use the food pusher.
  If food becomes lodged in opening, use food pusher or turn off juicer remove plug from power outlet and disassemble to remove the food.
- Cutting teeth are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.

SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- **Read carefully and save all the instructions provided with an appliance.**
- Always turn the power off at the power outlet before you remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by your electricity supplier or qualified technician.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children or infirm persons should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or in a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not immerse in water.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means as specified by S.A.A. (Standards Association of Australia). Such appliances should always be returned to the nearest Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner; If damage is suspected, return the appliance to the nearest Service Centre for examination, repair or adjustment. As a service to Customers, Service Centres will carry out a free check on your appliance to ensure it is electrically safe.
- For additional protection Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying the power outlet in use.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Ensure the above safety precautions are understood.

تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

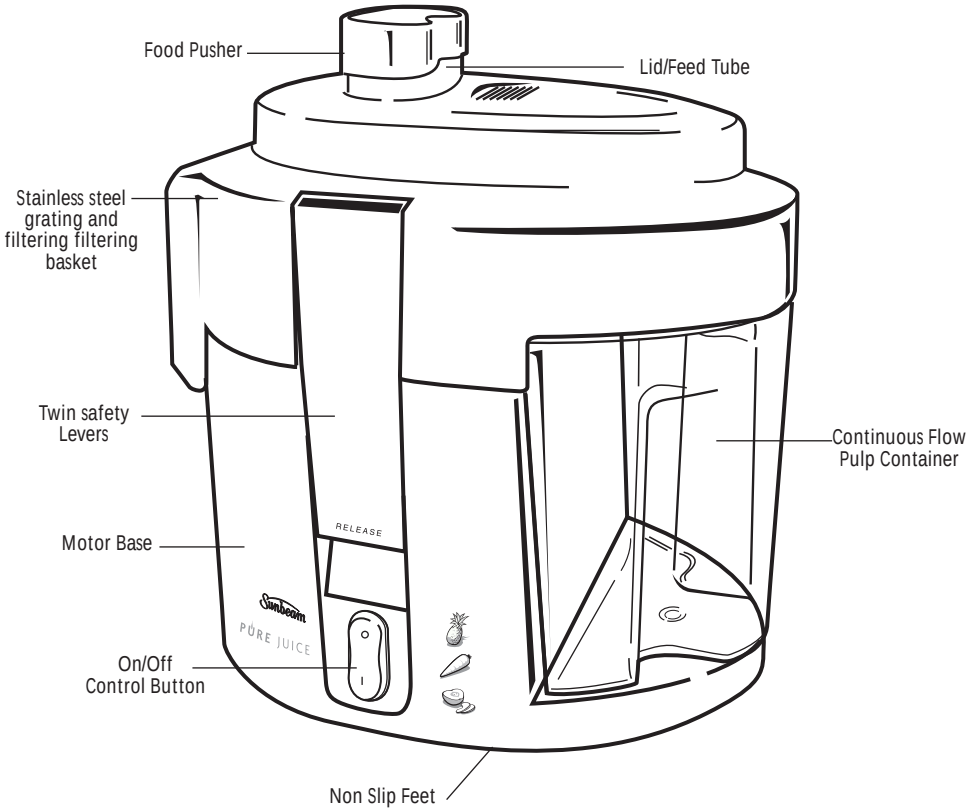
کاری بکنید که احتیاط‌های بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Features of your Sunbeam Pure Juice.



Coninuous Juicing
Allows you unlimited juicing, simply place a glass or jug under the spout to collect juice.

Pulp collection container
Stores coarser pieces of pulp and separates the juice. Removable for easy cleaning.

Stainless steel grating and filtering basket
Heavy duty stainlss steel grating and fitering basket designed for maximum juice extraction and is removable for easy cleaning.

Feeding Tube and Food Pusher
Shaped for optimal feeding of various fruits and vegetables making juicing a breeze.

Cold Storage
Handy cord storage keeps the benchtop tidy by storing unwanted cord.

Non slip feet
Prevents the unit form moving across the bench top.

Assembling your Sunbeam Pure Juice.

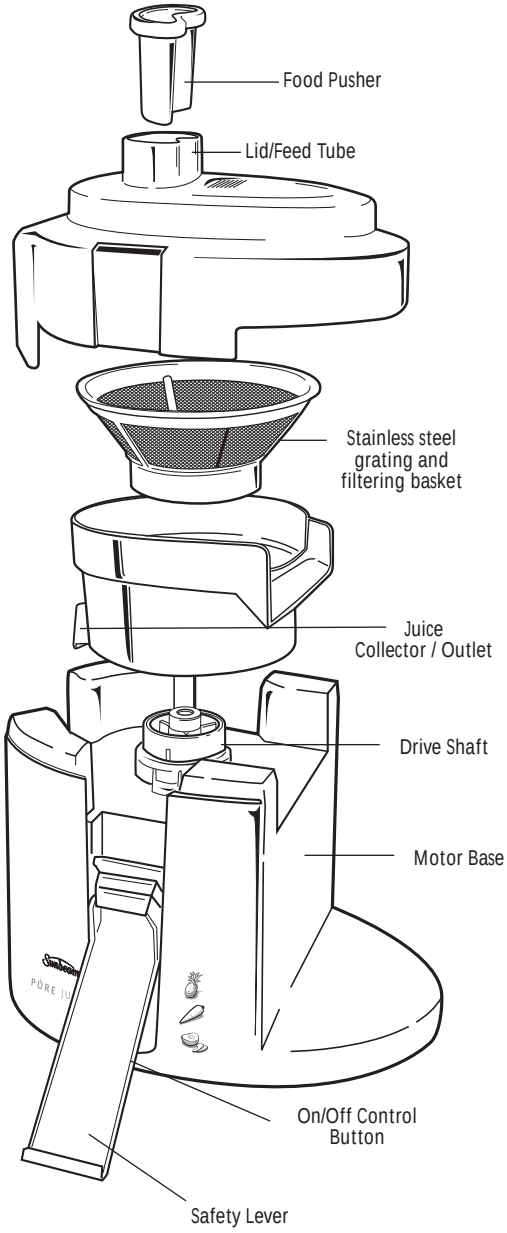
Before Use:
After unpacking your Pure Juice, we recommend that you dissemble the unit before using for the first time. Wash all parts except the Motor Base in hot soapy water. Rinse and dry immediately.

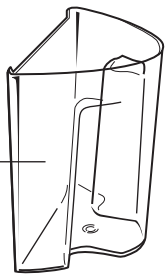
Important:
Always ensure your Pure Juice is unplugged from the power outlet when not in use, assembling or removing parts.

To assemble your Pure Juice
(See opposite)

1. Set up the Motor Base on a dry level surface with the On/Off switch facing the user.
2. Place the Juice Collector onto the Motor Base.
3. Position the stainless steel grating and filtering basket on to the drive shaft.
4. Place the Lid/Feed Tube on top of the Pure Juice and secure by clipping the two safety levers on the sides of the juicer into position.

   Note: As an added safety feature the Pure Juice will not operate if the safety levers are not locked in place.
5. Position the Pulp container in place.
6. Plug the Pure Juice into the 230-240V power outlet and turn on Power. Position a glass or jug under the Juice outlet and commence juicing.





Operating your Sunbeam Pure Juice.

Note: The Pure Juice should be completely assembled before use.

1. Ensure the switch on the Pure Juice is in the 'Off' position and plug the cord into a 230-240V power outlet and turn the power on.
2. Clean fruits and vegetables thoroughly and remove any stems, large pits, stones and seeds. All fruits and vegetables should be cut into pieces to fit into Lid/Feed Tube.
3. Ensure that the Pure Juice has been assembled correctly, making sure that the stainless steel grating and filtering basket revolves properly before placing the ingredients in the Pure Juice. Refer to page 4 for assembly instructions.
4. Switch the Pure Juice to the 'On' position to start juicing. Place food into the Lid/Feed Tube slowly and steadily, using the Food Pusher.

Note: Do not force the food into the grating and filtering basket as this can cause basket to shift and result in plastic shavings getting into the juice.

5. The Juice from the fruits or vegetables will flow directly into the glass or jug and the pulp will be separated and collected in the Pulp container.

Important: If juicing large amounts of fruits or vegetables, the pulp container will be filled, switch Pure Juice to the 'Off' position, unplug cord, and allow grating and filtering basket to stop completely. Empty Pulp container and re-position.

6. When juicing is complete ensure that the Pure Juice is switched 'Off' and unplugged from the power outlet.

Handy Juicing Hints.

- Cut fruit and vegetables into suitable sizes to fit the Feed Tube.
- Remove stones and hard seeds from fruits such as peaches, plums and apricots.
- Remove skin from citrus fruits and other thick-skinned fruits eg. watermelon.
- Leafy vegetables should be rolled up tightly into compact balls or rolls.
- Apricots, bananas, peaches, pears, melons and strawberries are soft-textured fruits. The juice extracted from these fruits is very thick and is known as nectar. It is best to alternate processing of these juices with thinner juices, such as carrots, apples, etc. Process soft-textured fruits first, followed by firmer fruits and vegetables, in order to ensure maximum removal of thick juice.
- Allow the motor to run for approximately 1 to 2 seconds after you have finished feeding fruit and vegetables into the Feed Tube. This allows the maximum amount of juice to be extracted.
- Add a few teaspoons of lemon juice to your juice container before juicing to keep juices from discolouring.
- Serve juices immediately for maximum vitamin retention. Store juice in the refrigerator, covered. Do not store for more than 48 hours, unless canning or freezing.
- Some pulp remaining in juice is normal. It increases the juice's flavour and nutritive value.
- The season, age and ripeness of the fruit will have an effect on the amount of juice extracted.

Care and Cleaning.

Ensure that the Pure Juice is unplugged before cleaning.

After use, unplug cord and disassemble the Pure Juice. Remove the pulp from the Pulp collecting container (the pulp may be used in recipes, see recipe section). The Pure Juice parts should be rinsed in cold water then washed in warm water with a mild detergent. Rinse well. Use a soft, damp cloth to wipe the Motor Base.

Important: Never immerse the Motor Base in water or any other liquid.

Caution: Cutting teeth are very sharp, handle juicing filtering basket with care when removing, replacing and cleaning.

Remove pulp from the grating and filtering basket before washing. The basket can be brushed with a nylon washing brush or clean tooth brush to remove fine particles of pulp that may be caught in the fine holes of the filter. After processing highly coloured fruits or vegetables the Pulp Collection Container may become stained. Bicarbonate of Soda sprinkled into the dry Container, and rubbed with a damp cloth to help remove stains.

Caution: Never use steelwool, scouring pads, harsh abrasive cleaners, thinners or chemical dust cloths for cleaning.

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For more information or advice on any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Nutrients Found in Fruit & Vegetables

Vitamin	Food Source	Benefits
Vitamin A	Yellow fruits and vegetables e.g. carrots dark green vegetables e.g. spinach	Healthy skin, bones and teeth. Assist vision (night)
Vitamin B1 (Thiamine)	Potatoes Dried peas and beans Lentils	- Aids appetite and digestion - Release energy from carbohydrates - Keeps nervous system healthy
Vitamin B2 (Riboflavin)	Leafy green vegetables	- Keeps skin, eyes and mouth healthy - Helps cells use oxygen
Niacin	Tomatoes, peas, potatoes	- Helps nervous system to function - Promotes normal growth and development
Vitamin C (Ascorbic Acid)	Citrus fruits, kiwi fruit, capsicums, parsley, strawberries, tomatoes, carrots	- Keeps teeth, gums, skin muscles and blood vessels healthy - Increases resistance to infection.
Mineral	**Food Source**	**Benefits**
Calcium	Broccoli, rhubarb, dried fruits, parsley and spinach	- Promotes strong teeth and bones.
Iron	Asparagus, spinach, broccoli, parsley, peas	- Aids oxygen transportation movement in the blood.

Recipes.

FRUIT COCKTAILS
These fruit cocktails are an easy and delicious treat to make in your Sunbeam Pure Juice.

Citrus Nectar (Serves 4)

2 grapefruits, peeled and quartered

3 oranges, peeled and quartered

6 apricots, seeds removed

ice cubes

Juice grapefruit, oranges and apricots, add ice cubes and stir well.

Healthy Sunrise (Serves 4)

500g ripe tomatoes

1 cup buttermilk

Juice tomatoes, add buttermilk. Chill and serve.

Strawberry Cocktail (Serves 4)

15 strawberries

4 green apples

crushed ice

Juice strawberries and apples, add ice and stir well.

Tropical Tango (Serves 4)

2 mangoes, peeled and seed removed

1 pineapple

crushed ice

Juice mango and pineapple. Add ice and stir well.

Watermelon Fizz (Serves 4)

1/2 medium watermelon, skin removed

1/3 cup of brandy

1 cup lemonade

Juice the watermelon. Add brandy and lemonade, stir well and chill.

Peach Divine (Serves 4)

6 medium peaches, peeled and stone removed

2 oranges, peeled and quartered

1 tablespoon honey

ice cubes

Juice peaches and oranges. Add honey and ice cubes, stir well.

Recipes.

COMBINATION OF JUICES.

Below are some suggested juice combinations. Quantities of fruit or vegetables required depend on:

1. Quality of fruit or vegetables.
2. Number of people.

- Apple and Orange
- Apple and Grapefruit
- Apple and Plum
- Apple and Tomato
- Carrot and Celery
- Carrot, Celery and Beetroot
- Cabbage and Tomato
- Carrot and Spinach
- Pineapple and Grapefruit
- Strawberry and Apple

JUICE DRINKS (Serves 1)

Vegetable Zing
2 carrots
1 stick celery
1 tomato
1/4 cucumber
1/2 lemon

Tomato Treat
2 carrots
2 tomatoes
2 sticks celery
1/2 lemon

Island Cooler
1/2 pineapple
1 apple
pulp of 3 passionfruits

Carrot Surprise
4 carrots
2 sticks celery
1/2 capsicum

Cucumber & Pineapple Cooler
2 cucumbers
1/2 pineapple
1 lemon
1/2 cup crushed ice

Dieters Special
4 peaches
2 apricots
2 apples

Strawberry Refresher
2 oranges
1 punnet strawberries
1 tablespoon cointreau

PULP RECIPES.

Pulp from the Sunbeam Pure Juice can be used in many ways. Vegetable pulp is ideal to enrich soup, stock and casseroles. Both fruit and vegetable pulp can be used as pie fillings.

Apple Raisin Cake

1 1/2 teaspoons coffee powder

2 cups water

125g butter

2 cups plain flour

3/4 cup brown sugar

1 teaspoon bicarbonate of soda

1 teaspoon cinnamon

1/4 teaspoons nutmeg

1 egg

1/2 cup apple pulp

1/2 cup raisins

Heat coffee, water and butter, until coffee is dissolved and butter has melted.

Combine flour, sugar, bicarbonate of soda, cinnamon and nutmeg in a bowl. Add egg and coffee mixture. Mix well.

Add apple pulp and raisins.

Pour into a well greased 20cm cake pan. Bake in a moderate oven for 1 hour or until cooked.

Recipes.

Carrot Spice Cake

125g butter

3/4 cup raw sugar

2 eggs

1 cup carrot pulp

200ml natural yogurt

1/2 cup milk

1 teaspoon bicarbonate of soda

2 cups wholemeal self raising flour

pinch salt

1 teaspoon mixed spice

1/2 teaspoon cinnamon

Cream butter and sugar until light and fluffy.

Add eggs one at a time, mixing after each addition.

Add all remaining ingredients, mix well until combined.

Pour into a well greased 20cm cake pan. Bake 1 hour or until cooked in a moderate oven.

Icing

70g cream cheese

15g butter

3/4 cup brown sugar

2 teaspoons lemon juice

Mix butter and cheese until well combined.

Add sugar and beat until light and fluffy.

Mix in lemon juice.

Strawberry Mousse (Any fruit can be used)

200ml strawberry pulp

50ml strawberry juice

400ml whipped cream

1 cup icing sugar

pinch salt

1 tablespoon lemon juice

1 tablespoon vanilla

Combine pulp and juice. Set aside.

Using a Sunbeam Mixmaster, whip the cream until stiff.

Combine the pulp, juice, icing sugar, salt, lemon juice and vanilla, stir well. Fold the mixture through the cream.

Spoon the mousse into parfait glasses or serving bowls and freeze until firm.

Vegetable Patties *Makes approx. 10 patties*

1 cup carrot pulp

300g can kidney beans, pureed

1 onion, chopped

1/4 cup parsley, chopped

1 cup cooked brown rice

1 egg

1 teaspoon salt

1 teaspoon basil

2 tablespoons wholemeal flour

1 cup chopped nuts

4 tablespoons oil

Combine all ingredients, except nuts & oil.

Make heaped tablespoons of mixture, shape into patties and role in chopped nuts.

Heat oil in pan and cook patties until golden brown.

Cucumber Raita *Makes 1 cup*

200ml cucumber pulp

Combine ingredients well.

This is delicious when served with curries or can be used as a dip.